



LOW BACK PAIN/INJURY

43D MDOS/SGOAM

4-2751

Overview

- *Back Basics*
- *Protecting Your Back*
- *Who's at Risk?*
- *Bad Back Mood?*
- *Exercise Prevention*
- *Bad Backs mean Big Bucks*
- *Summary*

Back Basics

- *Definition*
- *Vertebrae and Discs*
- *Ligaments and Muscles*
- *Three Curves*

Protecting Your Back

- *Proper lifting*
- *Bending*
- *Sitting*
- *Standing*
- *Sleeping*
- *Sports and Recreational Activities*
- *Back Belt*

Who's at Risk?

- *Health Care Providers*
- *Barbers*
- *Bus Drivers*
- *Supply/Stockers*

Bad Back Mood?

- *Stress*
- *Condition Your Mind*
- *Condition Your Body*

Exercise Prevention

- *Hamstring Stretch*
- *Knee to Chest Stretch*
- *Partial Cruches*
- *Wall Slide*
- *Quadripped*
- *Abdominal Lift*

Bad Backs mean Big Bucks

- *\$15 to \$20 billion per year in lost earnings and medical expenses*
- *Average yearly cost of \$6,100 per injury*
- *Employees spend hundreds of millions more visiting doctors with back complaints*

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